

## BOX BREATHING

Stress and anxiety can often make your body feel like it is preparing for danger. Box breathing can relieve these symptoms by calming your stress responses. It provides mental clarity to reduce negative and anxious thoughts and improve blood flow, which helps reduce increased blood pressure, improve sweating, and relieve muscle tension.

You should practice deep breathing techniques during times when you experience low stress, such as when relaxing before bed. Practicing when you're calm will help ensure you utilize the technique correctly when you need to when experiencing stressful situations.

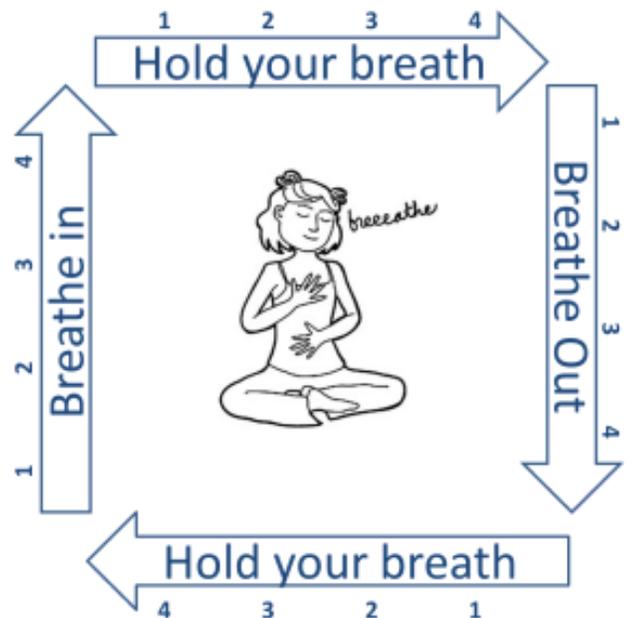
Complete 4–6 rounds, takes about 3–5 minutes:

**Inhale to the count of 4** — imagine drawing the left side of a box as your breath rises.

**Hold your inhalation for 4** — this is the top of the box, steady and strong.

**Exhale to the count of 4** — draw the right side of the box as the breath leaves your body.

**Hold your exhalation for 4** — this is the bottom of the box, grounding and stable.



Each full cycle completes a square. As you continue, imagine tracing a glowing box with your breath — side by side, smooth and connected. If your mind wanders, gently bring it back to the shape of the box and the steady rhythm of 4.